

Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

VALUABLE REPUTATIONS

Cultivate a reputation for candor and you will be able to fabricate to your heart's content.

Cultivate a reputation for irresponsibility and your time will be your own.

Cultivate a reputation for brilliancy and you won't know what an old joke means.

Cultivate a reputation for brainlessness and whatever you do will be a pleasant surprise.

Cultivate a reputation for honesty and you can put over the crookedest deal.

Cultivate a reputation for secretiveness and you will hear all the town scandals.

Cultivate a reputation for expert bridge and you will never be seated with insatiable conversationalists.

Cultivate a reputation for good hands and you never need to be at home.

Cultivate a reputation for reading good "Lit" and everyone will make excuses for your regular "Light (yellow)" reading.

Cultivate a reputation for that tired feeling (if a woman); and HE will always bring a taxi.

Cultivate the reputation for masterfulness (if a man) and anything you may say "Goes!"

Cultivate a reputation for lavish generosity and you will be let alone, because people will think that your hand is never out of your pocket.

Cultivate a reputation for witty conversation and you'll never have to open your mouth again.—From Judge.

Many a girl who intends to marry a millionaire is lucky if she gets a husband who can provide for her with a regular meal ticket.

The small boy enjoys coasting but the average man finds that he can go downhill fast enough without a sled under him.

You should be able to save something for a rainy day by investing in a mackintosh, an umbrella, and a pair of rubbers.

No, Ferdinand, we wouldn't advise any man with an impediment in his speech to go to a speak easy for treatment.

No girl should acquire a husband until she is able to convert a round steak into a square meal.

To remove superfluous hair send your well-filled mattress to be done over by a tricky upholsterer.

RHEUMATISM SUFFERERS GIVEN QUICK RELIEF



Pain leaves almost as if by magic when you begin using "5-Drops," the famous old remedy for Rheumatism, Lumbago, Gout, Sciatica, Neuralgia, and kindred troubles. It goes right to the spot, stops the aches and pains and makes life worth living. Get a bottle of "5-Drops" today. A booklet with each bottle gives full directions for use. Don't delay. Demand "5-Drops." Don't accept anything else in place of it. Any drug-gist can supply you. If you live too far from a drug store send One Dollar to Swanson Rheumatic Cure Co., Newark, Ohio, and a bottle of "5-Drops" will be sent prepaid.

SHARKS BITE? THEY'RE AFRAID, HAWAIIANS CLAIM

Why, One Native Drummaker Actually Rides Astride of 'Em as He Slashes With Deadly Knife.

Honolulu, Hawaii.—South Sea fishermen have branded the shark story as a myth, made up by authors of adventure stories.

They say there is no such thing as a man eating shark.

There is "Dudley" Miller for instance. Every one in the South Pacific knows "Dudley" Miller of Honolulu.

Recently he dangled naked in the tide, hanging in a life preserver in 100 fathoms of water, spearing fish. A 14 foot shark began circling him, attracted by dead fish the man carried in a sack strapped to his waist.

"I want to show you something," said Miller, summoning two canoe-men. They watched the man eater swoop around the fisherman poised in his life belt.

"Dudley" merely laughed. The canoe-men lifted him from the water and deposited him again 100 yards away. And there the fisherman and the shark hobbled all afternoon.

Kahia Moe, maker of Hula drums, is another of these myth shatters.

Kahia Moe, a native Hawaiian, stretches shark skin across his far-famed dance drums. And to make them properly resonant, as well as to consecrate them fittingly, the shark, "must be slain in mortal combat," he maintains.

And so Kahia Moe kills his shark in the water, with a knife, slitting the pallid belly with a dexterous slash. He has dispatched hundreds of this kind of "mortal combat." And he speaks of them as cowards.

David Mahu is an expert killer. When the water is low he leaps into the Pakule and rides sharks, straddling them with his naked limbs.

"Shark attack living men?" chuckles David Mahu. "It is a joke! They are even afraid to bite a dead horse until they're almost gone with hunger!"

HIT BY FIVE BULLETS

Lead Pellets From Revolver Strike His Breast But Leave Only Slight Bruises.

Atlanta, Ga.—A. W. Villard, 33 years old, signal operator of engine house No. 1, is apparently bullet proof. This was most convincingly demonstrated when W. S. Bacon, Jr., 36 years old, want ad manager of an Atlanta paper, fired five 32 caliber bullets into Villard from a revolver held a few inches from his body.

The shooting occurred in the Empire Life building, where Villard said he found Bacon in an office with Mrs. Villard, his wife, from whom the fireman had been separated for some time.

When Bacon started shooting at Villard, the latter was very close to the gun. Bacon fired at Villard's chest; the latter, said Bacon, instead of dropping to the floor, cursed him; Bacon fired again, and he said, Villard cursed him again. This performance was repeated five times.

Then Bacon stood with the smoking, empty revolver in his hand, while Villard, somewhat dazed and confused from loud noise of the five lead pellets striking against his chest, reached down and picked up two of the bullets which hit him.

Later Villard picked out the other three bullets from against his skin, where they lodged harmlessly, leaving nothing more serious than blue bruises.

The police could not assign any reason for the bullets not taking fatal effect upon Villard, except that at the time Villard was wearing a heavy coat and overcoat.

Mrs. Villard, her husband declared, formerly worked for Bacon as a stenographer, and for about a year had been "going with" Bacon. For a long time Villard and wife have been living apart. He said he began to suspect recently that she was still going with Bacon. So, on the afternoon of the shooting he followed Bacon to the Empire Life Building, and then up into the building and to an office of a friend of Bacon's, where the shooting occurred.

BOOK MADE HIM "MR. HYDE"

Frightener of Girls Blames Steven-son's Tale.

Elizabeth, N. J.—After having terrorized more than a score of young girls and women upon the streets, Loring Cross, college graduate and member of a prominent New England family was arrested. After he was identified by a dozen girls from Battin High School Cross told Chief of Police Michael Mulcahey that he had been seized with a mania to frighten girls and women into a state of terror after he had read Robert Louis Stevenson's "Dr. Jekyll and Mr. Hyde."

"It was soon after leaving college at Haverford, Pa., that I read Dr. Jekyll and Mr. Hyde," Cross is said to have told Chief Mulcahey. "The book completely transformed me. When I attempted to overcome my nocturnal wanderings, which left trails of terror-stricken girls I was helpless. I never felt any desire to offer harm to any living person. When seized with the mania I could not sleep or remain in my room. During the day when my Dr. Jekyll nature was in power I shuddered at what I had done and actually prayed for strength to prevent the return of Hyde."

Cross has lived in Elizabeth since last November. He was employed as an engraver in New York City.

TRAIN INSANE IS NEW MOVEMENT

PHYSICIANS AND NURSES ADOPT SYSTEM AT PHILADELPHIA GENERAL HOSPITAL

TO SELL THE WORK OF PATIENTS

Instructor of Handicrafts Gives Regular Lessons to the Unfortunates

Philadelphia, Pa.—One of the most encouraging movements within the walls of the Philadelphia General Hospital at Brockley is the movement for the training of the insane. While this is being taken up by the physician and nurses in charge, and while insane patients are being given, under the supervision of Miss M. E. Turner, supervisor of the woman's department, a new vision of life and a new opportunity for forgetting their maladies, great credit for the occupational work done in the insane department is due to the Association for the employment of the insane.

The association will hold a sale of patients' work at 115 South Thirteenth street, which will demonstrate the capacity of the insane for artistic achievement. The work includes many varieties of handicrafts, embroideries, basket weaving, matmaking and kindred occupations, the introduction of which have completely changed the patients' outlook upon life, and has proved the immense value in maintaining discipline in the hospital.

So thoroughly have the physicians in charge of the insane department appreciated the value of the occupational training for patients that they have encouraged the association to employ an instructor of handicrafts, who gives regular attention to the work.

Miss S. Lillian Clayton, chief nurse of the hospital says in a letter that has been sent out to members of the association and deals with the tremendous advantage of the work, that it has roused a spirit of anticipation among the patients; that they forget to quarrel among themselves, forget their pains, fancied or real; that they talk of their work and plan for it, and have become so absorbed that the new interest has brought life and interest into the wards where previously there was only deadly monotony.

While the work of the association dates back to 1896, it has taken on new aspect and become part of the socializing movement which is gradually taking hold within the walls of Brockley. Those in charge of the sale are particularly anxious that it should be a success, for the money realized will go toward carrying on the work during the coming year and providing funds for the monthly balls given to the patients.

MAN LOST SEEKING MINE

Prospector Insane from Suffering Thought Desert Sand Was Water

Prawley, Cal.—Losing himself in search for the lost "Peg Leg" mine, Henry Zimmerman, 50, of Alhambra, was found in the desert west of the Salton Sea, crazed from thirst and stumbling over the sands under the delusion that he was wading in water.

He was found by Tom Marshall of Brawley. Marshall was on his way to Harper's Well for water and when eight miles this side came upon Zimmerman. The prospector was wild and delirious. He had removed his shoes and carried them in his hands. His trousers were rolled to his knees. His mouth was open and sand stuck to the thick lips where he had scooped handfuls thinking it water. Marshall gave him a sip of liquid from his canteen and took him to camp.

There Zimmerman was cared for and he had so far revived that his speech became rational. He talked but a short time when he lapsed again into unconsciousness. He said he and his partner were looking for gold, for the "Peg Leg" mine.

The story of the mine is that years ago a stump legged miner descended upon Los Angeles periodically and cash time with a new supply of wealth. He jealously guarded the secret of his store and eluded those who sought to trace him.

In a brawl in a dance hall of those days he was killed and ever since efforts have been made to find the lost mine. The common supposition is that it was in the superstitious Mountains west of the valley.

Zimmerman says he became separated from his partner, lost his bearings, and finally drank the last drop from his canteen. The partner returned to Rockwood a station north of here, and reported Zimmerman missing.

MAN OPERATED ON 131 TIMES

St. Louis, Mo.—Harry Smyth, 42 years old, is one of the most cheerful patients at the city hospital here, despite the fact that 311 surgical operations have been performed on him. Tuberculosis of the bones have made these operations necessary. Since childhood Smyth has passed most of his time in hospitals.

To occupy his time Smyth took up sewing and crocheting and he is now an expert with the needle. He is always good natured.

INDIANS RETAIN OLD NAMES

Picturesque Titles Brought to Light by Reservation Sale.

St. Paul, Minn.—That Indian names still possess their early strength and picturesque quality is shown by those which figured prominently in the recent sale of Indian lands in the Standing Rock Reservation in North and South Dakota.

An inspection of the list reveals such names as Kate Good Crow, whose nearest neighbor is Barney Two Bears Mary Yellow Fat adjoins Melda Crow-ghost while Mrs. Crazy Walking, on the southeast quarter of section 19-23-25, has probably reached the condition indicated by her name through being in the same section with Elk Ghost.

Mary Lean Dog rather envies Agatha Big Shield for her aristocratic name. In like manner, Jennie Dog Man and Mary Shave Head may be all too willing to assume on short notice the heroic name borne by Morris Thundershield, heir apparent to Long Step Thundershield.

SEES HUMAN GROWTH CONTROL

Science May Dictate Size and Weight of the Race

Philadelphia.—That science is on the threshold of discoveries which will make it possible to retard or hasten the growth of human beings was the statement made by Dr. M. W. Jacobs. He asserted that experiments with rats have proved that animals fed on certain proteins for extended periods maintain a constant weight, but as soon as other necessary constituents are added, growth is resumed. He cited one instance in which a rat was kept stunted for 532 days, an age corresponding to about 47 years in human life. By changing the diet growth was permitted to develop that would normally have taken place in youth.

"We have it in our power," said Dr. Jacobs, "to say whether animal shall do its growing in youth or old age or whether it shall have several periods of growth. This being true, it is not too much to expect that the ultimate outcome of such work will be the scientific control of the forces of organic growth even in human beings."

RECOVERS LONG LOST WATCH

Eighteen Years in Mill Race and Still Running?

Penn Yan, N. Y.—One day eighteen years ago W. Henry Townsend, county superintendent of the poor, lost a watch from his pocket. He worked at two tasks that day—assisting in cleaning out a mill race and unloading straw. He searched the straw without finding the timepiece. The mill race was soon full of water so that further search could not be made.

A few days ago the race was cleaned out and a watch was found. Townsend examined it and found in it his old timepiece. It was in excellent condition after its long rest under the water.

One of the official's friends asked him if the watch was still running and Mr. Townsend gravely replied that it surely was. It was a stem winder, he said and very likely the action of the swiftly running water kept it wound up all these years.

DISPLAYS HIS HAPPY FAMILY

Printing Firm's "Zoo" Proves Real Attraction.

Perry, Okla.—In the front show window of the Southern Printing Company's office here is a "Happy Family" that attracts the attention of hundreds of people. Living happily together and eating from the same dishes are many beautiful canary birds, guinea pigs of different kinds, squirrels, white and spotted rats, horny toads and a pair of beautiful Persian kittens. It is a sight worth looking at. Back of the office is a garden of beautiful flowers and cages in which are tame possums, pet coons that will follow visitors around like dogs, over a hundred guinea pigs of many kinds, pigeons and other birds and animals. "Wish you could all enjoy them with us," is the company's message to Blade readers.

COCKEREL STEALS DIAMOND

New London, Conn.—Lloyd Hallenbeck of Greendale, N. Y., had a diamond stolen from his scarf pin while acting as judge at a poultry show here, the thief being a cockerel in a pen of Rhode Island Reds on exhibition. Hallenbeck values the stone at \$100.

The cockerel attracted by the sparkle of the gem as Hallenbeck stood close to the pen, removed the stone from its setting with a well directed jab of its beak and swallowed it.

As the owner of the diamond does not know which of the exhibits has his jewel it may be necessary to kill a number of them to find the right one a proceeding which, it is said, promises complications with the owner of the poultry.

There is an element of success in every man but it seldom begins to operate until some woman comes along and treads on his heels.

A man can usually manage to keep himself busy by attending strictly to his own business, but some men have a mania for working overtime.

HOME JOYS

The day is done and I desire a quiet evening by the fire, reclining in my easy chair, without a worry or a care. I have a corking book to read—what more, for comfort does one need?

I'm half way through with chapter one, in which the hero gets his gun, when wife remarks, "The fire is low, so, William Henry, kindly go out to the shed, with dauntless soul, and bring in forty kinds of coal. You ought to do such things indeed, before you seat yourself to read, and then you wouldn't have to rise with fury glowing in your eyes." I bring the coal and feed the fire, and try to hide my righteous ire, and stretch out in my cozy nook, to read once more that corking book. I've got to where the hero goes to throw the harpoon in his foes, who have abducted Mary Jane, a heroine both safe and sane, when comes my wife with fretful mien, and promptly queers that peaceful scene.

"The rain is falling," she remarks, "enough to float ten Noah's arks, and you had better go, old scout, and put the tub beneath the spout, so it will catch that precious juice, which is the best for laundry use. I told you just the other day, when you that washtub took a way, that you'd forge to put it back; so now go hunt around the shack, until you've raked it up again and put it where 'twill catch the rain."

I lay my treasured volume down, and, spring three adjectives, a noun, and sundry interjections, too, which make the atmosphere seem blue. And then into the storm I go, and wander grimly to and fro, until that dratted tub I've found, and dragged it my abode around. The rain runs down my swanlike neck, the mud converts me to a wreck, and when I've to my chair returned, all kinds of language I have burned.

The hero takes the villain's trail, and says, "I'll ride him on a rail." The book grows warmer as I read; now I'll enjoy myself, indeed. Alas, this chronic, dreary bore who has his residence next door, has come to talk about the war, and what the kings are scrapping for. He'll sit around and talk and talk until the striking of the clock proclaims the dawning of a day; I sigh and put the book away.—By Walt Mason from Judge.

FACTS YOU MAY NOT KNOW

The mines of this country furnish 53 per cent of all the freight carried by railroads. This includes the crude material from the mines only. The manufactured products of the mines furnish 11 per cent additional.

United States has 1,143,829 male clerks.

New Jersey claims 2,844,342 population.

World's coal mines employ 8,000,000 persons.

There are 67,626 locomotive engines in the United States.

Milwaukee has installed twenty-five of the finest type of pool and billiard tables in its public school buildings.

German medical men, using X-rays to examine athletes' hearts have decided that athletic sports, if properly conducted do not injure the organ.

That a check written in a lead pencil or on any old scrap of paper or even on a shingle is just as good as a lithographed or printed check.

There are said to be \$90 uses for the palmyra palm, which grows through out tropical India.

The United States does more to stock its inland waters with edible fish than any other nation.

Marriage is a woman's entry into and a man's exit from life—that is, officially.

The guide, philosopher and friend is sometimes merely guyed.

COMB SAGE TEA IN HAIR TO DARKEN IT

It's Grandmother's Recipe to keep her Locks Dark, Glossy, Beautiful.

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound" for about 50 cents a bottle. It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive. This ready-to-use preparation is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

DRUGS EXCITE YOUR KIDNEYS, USE SALTS

If your Back is aching or Bladder bothers, drink lots of water and eat less meat.

When your kidneys hurt and your back feels sore, don't get scared and proceed to load your stomach with a lot of drugs that excite the kidneys and irritate the entire urinary tract. Keep your kidneys clean like you keep your bowels clean, by flushing them with a mild, harmless salts which removes the body's urinous waste and stimulates them to their normal activity. The function of the kidneys is to filter the blood. In 24 hours they strain from it 500 grains of acid and waste, so we can readily understand the vital importance of keeping the kidneys active.

Drink lots of water—you can't drink too much; also get from any pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning for a few days and your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clear and stimulate clogged kidneys; also to neutralize the acids in urine so it no longer is a source of irritation, thus ending bladder weakness. Jad Salts is inexpensive; cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep their kidneys clean and active. Try this, also keep up the water drinking, and no doubt you will wonder what became of your kidney trouble and backache.

BOLTS WANTED.

We want to buy a few hundred cords of four-foot bolts in hemlock, spruce, pine and balsam, 6" and up in diameter, smooth, straight stock, all cut 48" long. Will buy same delivered on car on E. J. & S. R. R. or in our yard EAST JORDAN, CABINET CO.

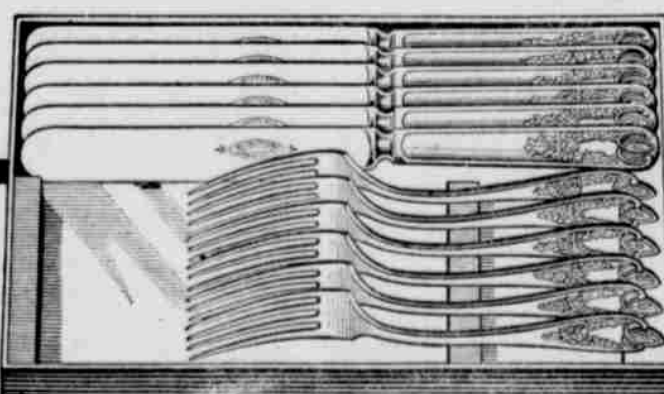
Our actions seldom tally with our good intentions.

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CITROLAX

Best thing for constipation, sour stomach, lazy liver and sluggish bowels. Stops a sick headache almost at once. Gives a most thorough and satisfactory flushing—no pain, no nausea. Keeps your system cleansed, sweet and wholesome. Ask for Citrolax.—Hite's Drug Store.

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